

# A Study to Estimate the Level of Knowledge Regarding Postnatal Care Among Postnatal Mother at Selected PHC in Trichy

Mrs. D. Selva Rani<sup>1\*</sup>, Dr. Suja Suresh<sup>2</sup> & Mrs. P. Hepzibha Arulmani<sup>3</sup>

<sup>1</sup>Associate Professor, <sup>2</sup>Principal, <sup>3</sup>Tutor, <sup>1-3</sup>SRM Trichy College of Nursing, Trichy, Tamilnadu, India.  
Corresponding Author (Mrs. D. Selva Rani) - [selvasenthil.du@gmail.com](mailto:selvasenthil.du@gmail.com)\*



DOI: <https://doi.org/10.38177/ajast.2023.7205>

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Article Received: 26 February 2023

Article Accepted: 17 April 2023

Article Published: 30 April 2023

## ABSTRACT

Secure motherhood became launched by way of the arena health corporation in 1987 which aimed to reduce the wide variety of deaths associated with pregnancy and birth of a child. Care after delivery means whole care offerings to the anticipated mother. It guarantees that, any trouble at some stage in puerperium can be addressed. A descriptive examination was conducted at a selected village in Trichy. Statistics were collected through the usage of self-structured questionnaire together with socio-demographic records, to assess the expertise regarding postnatal care. Analysis of the information was done through the usage of inferential and statistical techniques. Among 30 samples 7(23.3%) had inadequate expertise and 11(36.7%) had reasonably good enough understanding, 12(40%) had adequate understanding concerning care after delivery. The present study concluded that majority of mothers have good enough expertise about postnatal care throughout postnatal length.

**Keywords:** Postnatal mother; Care after delivery; Knowledge.

## 1. Introduction

Study of mothers and little ones represent more than half of whole population in the world. Handling a new little one is one of the happiest moments in every female's life. But it also gives both bodily and mentally adjustments. Puerperium period starts straight away after child birth and extends about 6 weeks. Postnatal care after delivery is one of the most crucial maternal fitness deal with no longer exceptional prevention of impairment and disabilities of both of them, but moreover minimizing the death of mothers [1].

Inadequate maternal care in the course of pregnancy and transport is basically chargeable for the dazzling annual toll of extra than half of one million maternal deaths and the predicted four million new child deaths that arise within the first month of life. Indeed, more or less 3-quarters of all maternal deaths occur during transport and in the instantaneous post-partum length. All girls and infants need maternity care in pregnancy, childbirth and after transport to ensure top-quality being pregnant results. Although all women and babies want pregnancy care, care in childbirth is most critical for the survival of pregnant ladies and their toddlers [2].

Women have been known to permit them to take care of their new-born's health, to understand and to respond to their problems. At the first postnatal time, girls need to be advocated of the signs and symptoms and should take suitable action for probable existence threatening situations. When a woman became mother for the first time, she should be able to take care of her emotional well-being, and learn from family and society about their everyday coping strategies for Caring of a new-born. Relatives and woman's husband ought to be knowledgeable on baby care, modifications in physically and psychologically [3].

Postnatal care is seemed as one of the most vital maternal fitness care offerings for the Prevention of impairment and incapacity resulting from Baby birth. The postnatal care consists of systematic Exam of the mom and child and appropriate Recommendation given to the mom throughout postpartum period [4].

Care after delivery becomes one of the most important health care sectors, which the majority care taking area with in ladies domestic. Care is possibly to encompass recurring medical examination of routine babies screening and feeding and on-going provision of information and assist. Care after delivery is typically decided by manner of a 6 to 8 week postnatal exam, maternity care [5]. Due to this higher care after delivery impacts the maternal self-warranty in baby care practices in particular at some point of first 6 weeks [6].

In addition, 2/3<sup>rd</sup> of maternal deaths rise up after delivery. Regardless of this advice, seven out of ten ladies do no longer get preserve of any postpartum care, based totally mostly on demographic and fitness surveys performed in 30 low profits international locations among 1999to2004. Low utilization of postnatal care has been related to ladies lack of awareness approximately its significance, their loss of perceived need (especially if they're feeling well), their low level of literacy [7].

The postnatal care is in particular crucial for mother and new-born. It is the time to deliver intervention to improve the health and survival of each mother and new child [8]. After transferring the women into mother starts to revel in physiological and psychological exchange in her frame. Those modifications usually arise without Problem. But factors together with blood loss, trauma throughout shipping, fatigue or contamination can vicinity Postpartum mother at hazard [9]. Each mom and new-born are susceptible at some stage in postnatal length specially at some stage in first 24 hours following shipping. Approximately two third of the maternal dying arise within the growing countries for the duration of postnatal duration [10]. Each mom and new child are vulnerable throughout postnatal length in particular at some stage in first 24 hours following delivery. Approximately two 0.33 of The maternal demise occur in the growing countries at some point of postnatal duration [11]. Extra than 1/2 of those deaths occur in sub-Saharan Africa and almost one 1/3 occur in South Asia. The maternal mortality ratio in growing countries in 2013 is 230 consistent with one hundred 000 stay births as opposed to 16 consistent with 100,000 stay births in evolved nations [12]. In keeping with annual document 2069/70, Postnatal care offerings include: postnatal visits, identification and Control of mother's and new child in complications of postnatal period and referral to appropriate medical institution as and while wanted, advertising of distinctive breastfeeding, personal hygiene and nutrition training, put up-natal nutrition A and iron supplementation for the mom; immunization of newborns and postnatal family making plans counselling and offerings [13].

## **2. Problem Statement**

A study to estimate the level of knowledge regarding postnatal care among postnatal mother at selected PHC in Trichy.

## **3. Objectives**

- (1) To estimate the knowledge of postnatal mothers regarding care after delivery;
- (2) To find-out the association between the levels of knowledge with their selected demographic variables.

## **4. Operational Definition**

**POSTNATAL MOTHER:** A women who is in postnatal period;

**PUERPERIUM PERIOD:** After mother gives birth to the following 6 weeks is considered as postnatal period.

## 5. Assumption

Postnatal mothers might also have some awareness on baby care.

## 6. Limitations

- (1) Postnatal mothers who are all having complication during postnatal period;
- (2) Sample size is limited to 30 due to time construction.

## 7. Materials and Methods

**7.1. Research Approach:** Descriptive approach

**7.2. Study Design:** Non experimental design

**7.3. Sample:** Post Natal Mothers

**7.4. Sample size:** 30

### 7.5. Inclusion criteria

- (1) Post Natal Mother Without Complication;
- (2) Postnatal mother who are available in Sirugambur PHC at the time of data collection.

### 7.6. Exclusion Criteria

- (1) Post Natal Mother With Complication;
- (2) Postnatal mother who are not available in Sirugambur PHC at the time of data collection.

### 7.7. Tools

**Section A:** Demographic variables includes Age, Socio economic status, Literacy level, number of children in family, Occupation;

**Section B:** Consists of structured questionnaire to assess the knowledge on postnatal care among postnatal mothers.

### 7.8. Scoring Procedure

#### Level of knowledge

Adequate - >76%

Moderate - 51-75%

Inadequate - <50%

## 8. Data Collection

Before starting the study formal permission was obtained from Head of the community area. After obtaining permission 30 samples were selected by using non-probability convenience sampling technique, and got oral consent from them. Structured knowledge questionnaires were administered to the samples and related information was collected.

## 9. Plan for Data Analysis

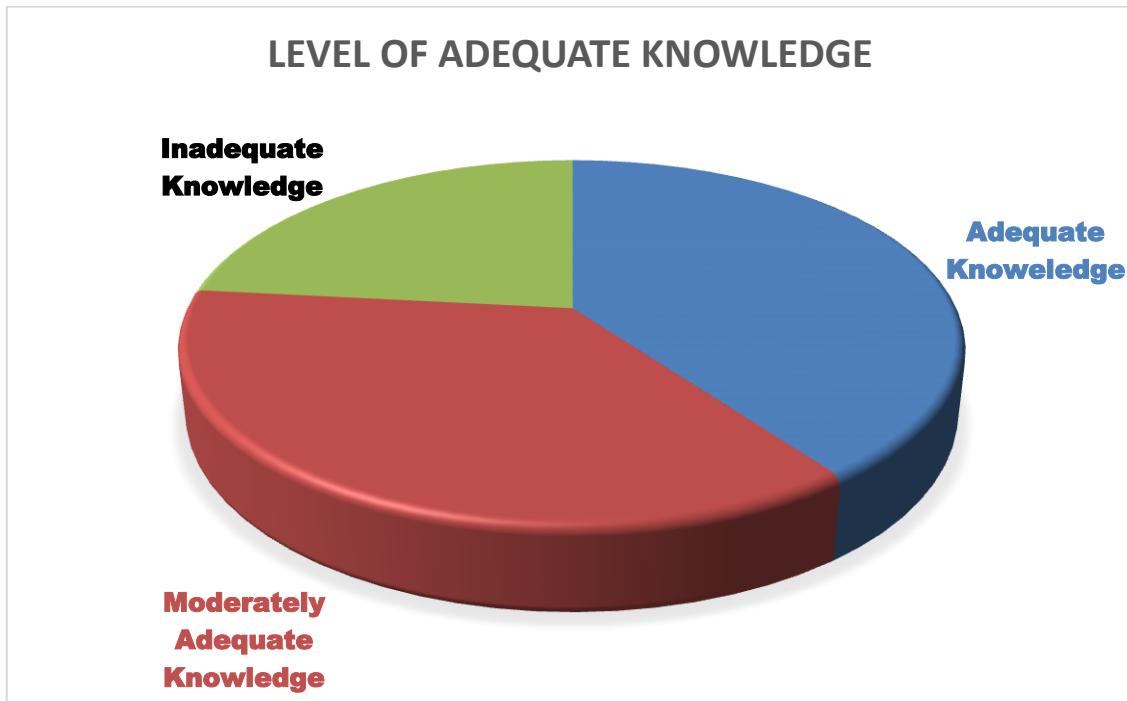
The data has been analysed in terms of descriptive and inferential statistics. To find out the association of knowledge on postnatal care during postnatal period with selected demographic variables Chi square test was taken.

## 10. Results

**Table 1.** Frequency and Percentage distribution of postnatal mother according to their population variable (N=30)

S. No.	Population Variables	Frequency	Percentage (%)
<b>1</b>	<b>Age</b>		
1.1	18-20 years	02	6%
1.2	20-22 years	06	20%
1.3	22-26 years	10	33%
1.4	26-35 years	12	40%
<b>2</b>	<b>Socio Economic Status</b>		
2.1	Poverty level people	02	6.6%
2.2	Below socio economic status	07	23.3%
2.3	Middle class people	12	40%
2.4	Above socio economic status	09	30%
<b>3</b>	<b>Literacy Level</b>		
3.1	Illiterate	02	6.6%
3.2	Primary	07	23.3%
3.3	Secondary and higher secondary	12	40%
3.4	Degree and graduate	09	30%
<b>4</b>	<b>No. of Children in the Family</b>		
4.1	One	07	23.3%
4.2	Two	10	33.3%
4.3	Nil	05	16.6%
4.4	Above	08	26.6%
<b>5</b>	<b>Occupation of Mothers</b>		
5.1	Private	05	16.6%
5.2	Government	09	30%
5.3	Government aided	10	33.3%
5.4	Self	06	20%

Table 1 showed that distribution of postnatal mothers according to their demographic variable. The majority of the postnatal mothers (40%) were 26-35 years. Most of them 12(40%) were middle class people. Their education level was mostly 12(40%) belong to secondary and higher secondary. The majority 10(33.3%) of the postnatal mothers occupation were government aided.



**Figure 1.** Level of Knowledge regarding postnatal care among postnatal mothers

Figure 1 showed that 7(23.3%) had inadequate knowledge, 11(36.7%) had moderately adequate knowledge and 12(40%) had adequate knowledge regarding postnatal mother.

**Table 2.** Association of knowledge scores regarding postnatal care among postnatal mothers with their selected demographic variables (N = 30)

Population Variables		Level of Knowledge						$\chi^2$	Table Value		
		Adequate		Moderately Adequate		Inadequate					
		F	%	F	%	F	%				
1	<b>Age</b>										
1.1	18-20 yrs	0	0%	01	3.3%	01	3.3%	$\chi^2 = 15.15$ df=6	12.59* (S)		
1.2	20-22yrs	03	10%	03	10%	0	0%				
1.3	22-26yrs	03	10%	03	10%	04	13.3%				
1.4	26-35yrs	06	20	05	16.6%	01	3.3%				

<b>2</b>	<b>Socio economic status</b>								
2.1	Poverty	02	6.6%	0	0%	0	0%	$X^2 = 12.77$	12.59*
2.2	Lower middle class	03	10%	03	10%	01	3.3%	df=6	(S)
2.3	Upper Middle Class	04	13.3%	05	16.6%	03	10%		
2.4	Upper Class	05	16.6%	03	10%	01	3.3%		
<b>3</b>	<b>Literacy level</b>								
3.1	Illiterate	0	0%	0	0%	02	6.6%	$X^2 = 16.5$	12.59*
3.2	Primary	03	10%	04	13.3%	0	0%	df=6	(S)
3.3	Sec. and Hr. Sec	06	20%	02	6.6%	04	13.3%		
3.4	Degree and graduate	04	13.3%	04	13.3%	01	3.3%		
<b>4</b>	<b>No. of children in family</b>								
4.1	One	01	3.3%	03	10%	03	10%	$X^2 = 17.4$	12.59*
4.2	Two	04	13.3%	05	16.6%	01	3.3%	df=6	(S)
4.3	Above two	0	0%	01	3.3%	04	13.3%		
4.4	Nil	06	20%	02	6.6%	0	0%		
<b>5</b>	<b>Occupation</b>								
5.1	Private	02	6.6%	03	10%	0	0%	$X^2 = 3.08$	12.59
5.2	Government	06	20%	03	10%	0	0%	df=6	(N.S)
5.3	Government aided	05	16.6%	04	13.3%	01	3.3%		
5.4	Self	03	10%	02	6.6%	01	3.3%		

 NS-Not Significant, S-Significant at  $P<0.05$ 

Table 2 revealed that there was significant association was found between level of knowledge of postnatal mothers and their demographic variables regarding such as Age( $X^2=15.15$ ), socio economic status( $X^2=12.77$ ), literacy level( $X^2= 16.5$ ), number of children in a family( $X^2=17.14$ ).

## 11. Discussions

The first objective of the study was to assess the existing knowledge regarding postnatal care among mothers after delivery. The result discovered that 7 of their knowledge was inadequate, 11 of their knowledge was moderately adequate and 12(40%) had adequate knowledge regarding care after delivery. This result was supported by a

hospital based study conducted by Maharajan et al, to assess the level of knowledge regarding postnatal care among postnatal mothers, this study informed that mothers having moderately Satisfactory knowledge (52.63%) [14].

The second object objective of the study to find out the association between level of knowledge and selected demographic variables. The present study showed that there was association between level of knowledge with age, socioeconomic status, literacy level and number of children. This findings was supported by Beraki GG et al., conducted a cross sectional study to assess the knowledge on postnatal care among postpartum mothers during discharge in maternity hospitals in Asmara. The result supported the present study that the significant association found with level of knowledge and demographic variables like age, gravida, literacy [15].

## Declarations

### Source of Funding

This study did not receive any grant from funding agencies in the public or not-for-profit sectors.

### Competing Interests Statement

Authors have declared no competing interests.

### Consent for Publication

The authors declare that they consented to the publication of this study.

### Ethical Approval

Based on institutional guidelines.

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